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Bronconnier fuming over funding cut

BUDGET Mayor Dave Bronconnier was outraged yesterday by the province's decision to cut funding to Calgary by about 40 per cent, and vowed to look at all of the city's options — including legal.

The city stands to lose \$150 million in infrastructure funding from the province this year.

"We'll have to look at the contract and assess our overall legal ramifications. We're very anxious to sit with the premier directly," Bronconnier said.

The mayor is concerned about deals the city made with contractors regarding city infrastructure projects they can now be held responsible for.

"Our message is quite simple; we spent years discussing contracts with the province."

KRISTA SYLVESTER/METRO CALGARY

News on the Move

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barcode for?

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the instructions at
the top of pg 3



Vancouver Games

Countdown to 2010

Follow Metro as we
bring you daily
coverage leading up
to the 2010 Winter
Olympics in Vancouver.

• Today —
Women's
hockey team
toughed it out
in Dawson
Creek, page 15



On the web

Visit metronews.ca
for news updates

Record deficit: \$4.7B

- No tax increases • 250 gov't jobs could be lost • Morton calls budget 'the right balance' • Back in black by 2012?



Alberta Finance Minister Ted Morton pauses to regain his composure after an emotional moment during the delivery of his government's 2010/2011 budget at the legislature in Edmonton yesterday.

Alberta's Progressive Conservative government plans to run a record deficit and deplete its savings account in a budget that forgoes the kind of deep spending cuts that fiscal hawks have been screeching for.

The budget includes about \$1.3 billion in cuts to many departments, but those savings are being redirected to key areas such as health and education instead of to the bot-

tom line.

There are no tax increases, but up to 250 people could lose their jobs out of the 27,000-member civil service in the first government layoffs in more than a decade.

Finance Minister Ted Morton said he is not happy the budget includes a \$4.7-billion deficit, but is confident his overall financial plan will help Alberta be back in the black by 2012.

"Some are going to say we should do all we can to stay out of deficit — even if it means deep cuts to essential programs. Others would say we shouldn't worry about a deficit," Morton said.

"You can't have it both ways. These choices, we believe, strike the right balance."

The tone of the budget is a surprise since the government had suggested it was considering a \$2-billion



"They don't have a spending problem; they have an incompetence problem."

David Swann, Liberal



"I think ... Morton lost a lot of credibility today by putting his name to this train wreck."

Danielle Smith, Wildrose



"This is what I call a fire brigade budget; the (PCs) are rushing to put out fires they've created."

Brian Mason, NDP

lion fiscal "correction" to deal with its deficit.

Fifteen departments, including Advanced Education, Agriculture, Children's Services, Culture, Environment and Sustainable Resource Development, must all absorb cuts to their operating budgets.

THE CANADIAN PRESS

For full story, visit:
metronews.ca/calgary



6%

The projected amount of annual increases for Alberta Health Services funding for the next three years.

\$5.8B

Cuts made to the province's sustainability fund to cover deficits in the 2010 provincial budget.

\$150M

The amount of infrastructure money pegged for Calgary, cut from the 2010 provincial budget.

\$78.75

The projected price, in U.S. dollars, per barrel of oil for the 2010/2011 budget.

THE CANADIAN PRESS

Vice sweep nets 64 charges

KRISTA SYLVESTER
krista.sylvester@metronews.ca

PROSTITUTION Two of the city's most notorious sex strolls suffered a dent after a two-week undercover vice sting busted 50 alleged prostitutes and johns, and led to the seizure of 25 vehicles.

Vice unit Staff Sgt. Colin Adair said the operation focused on areas along downtown's 3rd Avenue SW and 17th Avenue SE and ended up with the men and women facing 64 prostitution-related charges.

But despite the arrests, Adair says street prostitution actually only accounts for 10 to 15 per cent of the entire scope of the problem.

"There's a lot more indoor prostitution, there's a lot more behind closed doors. There's bawdy houses, the Internet — that's a big part of it," Adair said.

The seized cars were worth between \$2,000 and \$70,000 each, Adair added, and a lot of the cars will be returned after the cases go to court. Since the program began in 2006, 258 vehicles have been seized.

"A lot of the arrests were first time offenders," Adair said, adding police haven't seen a lot of recidivism amongst the johns.

Police also made arrests on nine outstanding warrants.

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Cops seek info in year's 4th murder

HOMICIDE Police are looking for information in relation to the city's fourth homicide of the year. Passersby found a man, believed in his 30s, unconscious on the ground in the area of 22 Ave and 17 St SE around 8 p.m. Monday night. He was taken to hospital where he was later pronounced dead. Anyone with information is asked to call 403-266-1234.

METRO CALGARY

Following news stories on Twitter...

CalgaryTweets

@carter_bb0ld
OK - so Morton steps up to the buffet and... OR- DERS MORE! Only in Alber- ta could a spending INCREASE be called cuts #ableg #wap #ablib

@NEWSBOYCALLSEN
mo'money, mo' problems. Those are my thoughts.

@todd_janes Cuts to Arts & Culture shows lack of vision and leadership. Arts deserve increased investment not cuts. Shame to Tories!

@mikesbloggity Universities are screwed. Especially U of C.

metronews.ca

What's online today.

Blogs TFC's Dwayne DeRosario joins It's Called Football to clear the air on his contract rumours and SpinDoctor identifies an unlikely candidate to succeed Stephen Harper

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Students rally behind school

Some fear decision to close Sir William Van Horne a foregone conclusion

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Save Sir William Van Horne High School is the motto a group of high school students are taking to a trustee meeting next week.

Van Horne Grade 12 students Terri Wright, 18, and Jonie Tarasoff, 17, are pledging to save their school from possible closure due to dwindling enrolment and plan to take their concerns to the trustee meeting. "We know how important this school is to the students who go here and it has done a lot of good things for the students, who all have some form of learning disabilities," Wright said. Wright's own brother, now 21, is deaf and she says he flourished under the school's successful deaf and hard of hearing program.



Sir Will Van Horne High School Grade 12 students Jonie Tarasoff, 17, and Terri Wright, 18, are planning to protest the school's potential closure at a trustee meeting next week.

Enrolment

• Flitton said the school has capacity for 965 students but only have 296 enrolled.

"I think the sad thing is a lot of the students here would drop out before they would go to another school

because they are segregated there and here they are just like everyone else."

Tarasoff says the students believe the Calgary Board of Education has already made up its mind about the possible closure.

But CBE spokesperson Ted Flitton said the board consulted with the students, teachers and parents

on Jan. 14 and welcome the students to speak further through the proper channels at the trustee meeting on Feb. 16.

"No decision has been made yet, the meeting is just to consider the closure and weigh the recommendations," Flitton said, adding the proper processes are being followed.

Race City gets two-year reprieve from city

KRISTA SYLVESTER
krista.sylvester@metronews.ca

SPORT Tentative plans are no longer tentative at Race City Speedway — at least for the next two years, according to officials.

While the details of the agreement remain confidential, Calgary Oval Racing Association (CORA) president Chris Paavola said the two-year extension gives the track a new lease on life.



Cars like these will tear around Race City's track for at least the next two years.

"While we're sad it's only for two years, we're ecstatic it's for two years

since we weren't sure a deal was going to happen at all," he told Metro, adding it means the association can move ahead with a busy season.

"It's great and we have a lot of fun things planned. I had about 20 emails just now when I checked and a lot of people are happy," he added.

Ald. Ric McIver couldn't comment on the details, but has always supported the track.

"It's nice to see council

unanimously agree to have administration complete the negotiations," McIver said.

Race City and the city have been disputing the lease for some time now so the extension has left race enthusiasts breathing a sigh of relief, Sarah Kempst said.

"I just can't imagine Calgary not having the track, so it's good news for now."

Race City Speedway owner Art MacKenzie did not return calls for comment.

m.metronews.ca



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CALGARY OBITUARIES

CalgaryObits.com

notes the following deaths in our community:

- AHEARN, Ruth Mary (Cook)
- ANDREW, Janet Elizabeth
- ASHMORE, Gwyneth Mary (nee Etherington)
- BEARSPAW, Colleen Andrea (Nonay)
- CHOW, Shuet Mui Alice
- FOLKMAN, Elizabeth
- FONTYNE, Gladys Joan
- FOWLIE, Lyle Weldon
- GANT, William (Bill) George Bruce
- GASCHNITZ, Kathleen (Kay) (nee McKee)
- GRAHAM, Joan Antonia (nee Molinski)
- HALLETT, Louise Marian
- HARWOOD, Ted
- HILLMAN, Shirley Margaret (nee Morris)
- KOHEN, Helmut Bernard "Hal"
- KOTOWSKI, Martin August Anton
- LINDSAY, Vivienne Gail
- MCDONALD, Kenneth (Ken) Harry
- MOGHADAM, Hossein (Dr. Joe)
- MONEY, Lorraine Mary (Cobb)
- NATHOO, Anif Suleman
- OCAMPO, Francisca Donalvo
- PYKE, Evelyn Theresa Mary (nee Cormier)
- REISINGER, Phyllis Mary (nee Harding)
- ROSSI, Shirley Eileen (nee Vessey)
- ROSYCHUK, James (Jim)
- SCHOFIELD, Beatrice (Bea) (nee Hendrickson)
- SWEETNAM, Victor Samuel
- WALDEN, Almas (Lalji)
- WATKINS, Grace Patience (Barnes)

For full obituaries go to
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4

local

Fund started for orphaned Red Deer children
A trust fund has been set up for the five children of a Red Deer couple killed in a collision Sunday. Donations can be dropped off at any Credit Union in Alberta. **METRO CALGARY**

Readers caught and rewarded on C-Train

Library offering prizes this month in campaign

WYNZIE CHAI
for Metro Calgary

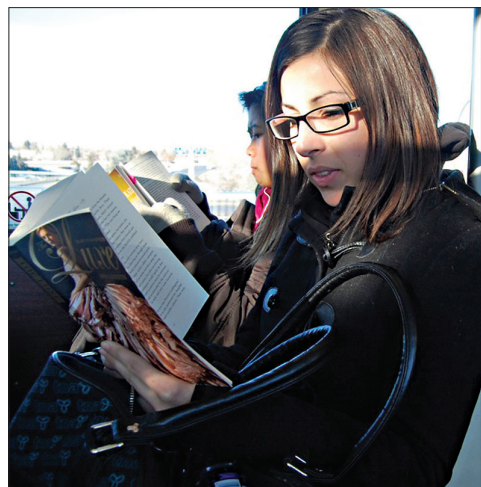
The Calgary Transit and Calgary Public Library collaborated with a few local celebrities yesterday at Olympic Plaza C-Train station to "catch and reward" Calgarians who were reading on the C-Train.

"People were really quite delighted with it," said Ron Collins, Calgary Transit communications co-ordinator.

"It was a good way for us to get people excited about literacy."

The street reading teams included Calgary Public Library and Calgary Transit staff, as well as municipal officials, Transit Teddy, Henry Burris of the Calgary Stampede and Ralph the Dog. Prizes included scarves, Calgary Public Library bookmarks and Transit Teddy buttons.

The initiative is part of a month-long Calgary Public Library promotion to get people excited about reading. Calgarians



Alex Krewiak, an ACAD student, enjoys a book on the way home from school on the C-Train. Calgary Transit rewarded readers yesterday while on their commute.

can enter at local branches to win "snuggle up and read," prize packages, or online to win an iPod touch.

"This was good for us because we carry so many people on our system," said Collins.

"We had a lot of smiling faces on the Calgary Transit. You got a nice scarf with the Calgary Transit logo and Calgary Public Library logo on it just for enjoying a good book ... something a lot of people do on the train anyway."

News in brief

WANTED Have you seen a satchel-type bag or backpack in the area of 16th Ave. and Russet Rd. NE? If so, the police would like to have it as it may have been used during a bank robbery at the Scotiabank in the 800 block of 19 St. NE. Police charged Michael Jason Dunne, 22, with one count of bank robbery.

COURT Accused of killing his

wife, Shenjun An made a brief court appearance yesterday facing first-degree murder charges. The case was put over until March to accommodate a request for an interpreter. An is accused of killing Yanrong Cheng, 41, in their Edgemont home Sunday. Two children have been taken from the home.

FAMILY DAY City of Calgary of-

fices will be closed on Feb. 15 for the Family Day holiday. Calgary Transit will provide a Sunday level of service on Family Day. Residential garbage collection and pickup at community recycling depots will not be affected by the holiday. For information on recreation facility hours, visit www.calgary.ca/recreation.

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Nicholson says Ottawa to appeal drug-injection site ruling

Justice Minister Rob Nicholson says the federal government will appeal a B.C. court ruling that sanctioned Vancouver's supervised drug-injection site. **THE CANADIAN PRESS**

5

Canada

Murder suspect was rising star in military

Colonel could have led air force: Former chief

The air force colonel charged with two murders and two sexual assaults this week was "calm, hardworking and dedicated" and his former boss considered him one of the military's best and brightest.

Col. Russell Williams, 46, is charged with first-degree murder in the deaths of Jessica Lloyd, 27, of Belleville, Ont., and Cpl. Marie France Comeau, 38.

Williams is also charged with forcible confinement, break and enter and sexual assault after two women were allegedly attacked during two separate home invasions in the Tweed, Ont., area in September.

Williams was "very intelligent, very mature, very calm, hardworking and dedicated — which is exactly why we selected him to be a wing commander," said retired lieutenant-general Angus Watt, the former air force chief who appointed Williams to his last military job.

Williams was amassing all the right stuff in his résumé to pave the way to bigger and better things, including Watt's old job.

He received a degree in economics and political science from the University of Toronto, and a master's in defence studies from Royal Military College.

He spent two years commanding 437 (Transport)



Col. Russell Williams, right, lays a wreath at a Remembrance Day ceremony in Trenton, Ont. on Nov. 11, 2009.

Squadron in Trenton, including six months in 2005-06 as commanding officer of the military's secretive Camp Mirage, a logistics base on the Arabian Gulf that supplies the war effort in Afghanistan.

Williams was a flight instructor in Moose Jaw, served at Canadian Forces Base Shearwater in Nova Scotia and spent most of the 1990s in Ottawa, where he was a pilot to the prime minister and Governor Gen-

eral before Watt handed him command of the country's largest air force base, Canadian Forces Base Trenton in eastern Ontario.

Watt said he had no reason to believe Williams wouldn't ascend further up the military ladder. The next step would have been brigadier-general.

When asked if Williams had the potential to command the air force, Watt's response was an unequivocal "yes." **THE CANADIAN PRESS**

Tory resigns amid spending scandal

NOVA SCOTIA A member of the Nova Scotia legislature who became a central figure in a spending allowance scandal has resigned his seat.

The Conservative party says Richard Hurlburt resigned his seat for the riding of Yarmouth yesterday.

The former Conservative cabinet minister was criticized after a report by the province's auditor general showed he spent \$7,995 in public money to buy a generator, which was installed in his home. He also spent \$2,499 for a 40-inch TV and \$579 for installing it.

THE CANADIAN PRESS

Own the Podium seeks more funding from feds

VANCOUVER

2010 Games

SPORTS The federal government says it will maintain its funding of Own the Podium beyond the 2010 Winter Olympics, but will not commit to spending more money on the program.

Own the Podium is the \$117-million, five-year strategy for Canada to win more medals than any other country at the Vancouver Olympics.

It was paid for with \$66 million in taxpayer dollars.

VANOC covered most of the remainder with corporate sponsorship money.

Minister of State Gary Lunn says the federal government will continue to fund both summer and winter sport at \$47 million per year. **THE CANADIAN PRESS**

m.metronews.ca



Will Canada actually 'own the podium' if it wins the most medals? It depends on who you ask. Scan this code for the story.

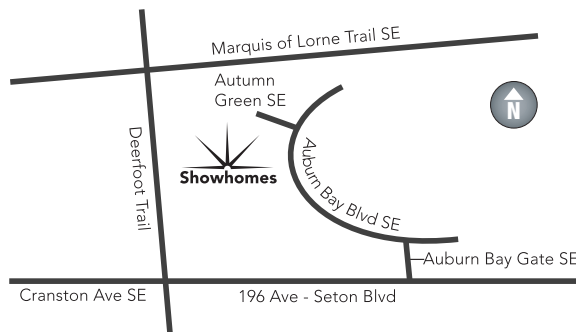


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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Word on the street: Do you think the Own the Podium program will result in Canada leading the Winter Olympic medal count for the first time?

Alex Krewiak
Calgary

A: I think it's better than nothing, but we could be doing more to help out our athletes.

Julia Spriggs
Calgary

A: Yes, I think the athletes can use all the help they can get for training and equipment. Any additional resources we can give them helps.

Nina Tavakoli
Toronto

A: I don't know if they should be spending all this money when there are things going on in Haiti; there's people that are really poor in Canada ... Maybe it will make a difference, but ... for what?

April Aylward
Halifax

A: I think we have an awesome chance of being first place. We have enough spirit at least that we should get it.

Jeremy Stewart
Toronto

A: I'm gonna say no. I just don't really think it will. Maybe it will have more of an influence to win medals, but overall I don't think it will make an impact.

Noel Ramirez
Surrey

A: Yes, definitely. They can train without thinking about something else. They can just think about their sport when they don't have to work and support themselves.



See metronews.ca for Paul Sullivan's The West View column – Top 5 reasons to question the Games

OLYMPIC EVENTS:



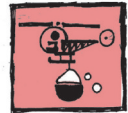
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Backless is so last season

The British government is getting behind a plan to replace drafty open-backed hospital gowns with versions that preserve patients' modesty. **THE ASSOCIATED PRESS**

9

World

Hospitals that charge will be cut off: UN

The United Nations has warned that it will cut off shipments of free medicine beginning immediately to any Haitian hospitals that it finds are charging patients.

When the catastrophic earthquake struck Jan. 12, authorities immediately decided to make all medical care free. More than 200 international medical relief groups have sent in teams to help, and millions of dollars of donated medicine has been flown in.

UN officials told The Associated Press that about a dozen hospitals — both public and private — have begun charging patients for

Haiti Crisis

medicine. The officials said they could not immediately provide the names of the hospitals but said they were in several parts of the country, including Port-au-Prince.

UN workers and quake survivors were also keeping one eye on the sky. There's been no significant rain since the disaster, but everyone knows that won't last.

The rainy season in Haiti is deadly even in a good year. Now, in a devastated

capital city, the early spring rains threaten to cause landslides and bring about health problems in the makeshift camps where more than 500,000 people are living.

"There will be health concerns," said engineer Mario Nicoleau of the U.S. Agency for International Development.

Haiti's government said it needs more money or tents if people are to be moved.

"We are going to have a big problem when the rainy season starts," said Interior Minister Paul Antoine Bien-Aime. "We don't have \$60 million to buy 100,000 tents." **THE ASSOCIATED PRESS**

Washington Hands-on response to Palin



White House Press Secretary Robert Gibbs shoots back at former U.S. vice-presidential candidate Sarah Palin yesterday, holding out his hand to show the media he has written down "eggs, milk, hope," and "change" (inset). In a speech Saturday, Palin criticized U.S. President Barack Obama for using teleprompters before being spotted with hand-notes of her own.

News in brief

AFGHANISTAN U.S. and Afghan forces pushed yesterday to the edge of the southern Afghan town of Marjah.

THE ASSOCIATED PRESS

m.metronews.ca



Fearful that Barack Obama's health care olive branch is a trap, Republican doubts may leave them vulnerable. Scan this code for the story.

Man jailed five years for questioning construction

CHINA An activist who investigated the deaths of thousands of children crushed in their schools during the 2008 Sichuan earthquake was sentenced yesterday to five years, underscoring the government's determination to suppress questions about why the buildings fell. Tan Zuoren, 56, was convicted of inciting subversion of state power and

handed the maximum sentence of five years' in prison.

Tan and others have raised the possibility that shoddy construction — possibly fostered by corrupt officials who failed to enforce building codes — caused some schools to collapse in the quake while buildings nearby remained intact.

THE ASSOCIATED PRESS

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Sri Lankan parliament dissolved

Move follows arrest of key opposition leader

Sri Lanka's president dissolved parliament yesterday to make way for spring elections a day after authorities arrested a key opposition leader, crippling the only serious threat to the ruling party's stifling grip on power.

President Mahinda Rajapaksa's decision follows his sweeping victory at the polls last month over his former army chief Gen.

Sarath Fonseka, who had defected to the opposition after helping to end the country's quarter-century civil war. Fonseka was arrested on Monday on sedition charges.

If last month's presidential poll is anything to go by, the upcoming parliamentary contest will be another bitter race between the government and the opposition, which says it is be-

ing harassed and hounded. Human rights groups have echoed those accusations.

Fonseka's arrest will likely serve as a warning to others who might seek to challenge the ruling party's effort to cement its grip on power in the parliamentary poll. Rajapaksa's ruling coalition is hoping to secure a two-thirds majority in the legislature.

THE ASSOCIATED PRESS

MPs win Parliamentary race



The BBC's Reeta Chakrabarti leads a legislator during the annual pancake race between parliamentarians and journalists in London, England. This year the MPs won.

D.C. snowed under again

STORM The second major snowstorm in less than a week was blowing yesterday toward the Washington, D.C. area, where federal government offices were closed for a second day and utility workers struggled to restore power knocked out by a weekend blizzard.

The storm was expected to leave as much as 50 centimetres of new snow in Washington.

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Canada

Integrated Asset Management Corp. triples earnings

Higher performance fees boosted Integrated Asset Management Corp.'s first-quarter revenues. The Toronto-based company booked net income of \$1.6 million or six cents a share in the period ended Dec. 31. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Molson Coors said yesterday its fourth-quarter profit more than doubled due to favourable tax benefits.

Molson doubles profit

BEER Molson Coors Brewing Co.'s fourth-quarter profit more than doubled because of favourable tax benefits even as it sold fewer beers, the international brewer said yesterday.

Worldwide volume sold of the company's beers, including Blue Moon and Coors Light, fell four per cent as people cut back on

their purchases. Still, higher prices helped drive an 11 per cent rise in net sales to \$820.8 million.

Sales in Canada

- The brewer earned \$218.2 million, or \$1.17 per share in the quarter.

Shares listed on the New York Stock Exchange rose 69 cents to \$42 in premarket trading. Molson Coors Canada shares listed on the Toronto Stock Exchange closed Monday at \$43.85. **THE CANADIAN PRESS**

More Toyota recalls

Company to fix Prius, Lexus brake issues

The dent in Toyota's reputation deepened yesterday when the reeling auto giant announced two more recalls to eliminate the possibility of momentarily failing brakes in hybrids and leaking brake tubes in another model.

Toyota Canada said the company would conduct a voluntary safety recall on the 2010 flagship hybrid, the Prius, and the Lexus HS 250h sedan to "update" software in the anti-lock brake system so it would get rid of inconsistent brake feel that has alarmed some drivers.

Toyota also disclosed it would launch a recall on some 2010 Camry models to inspect conditions that could trigger a brake fluid

Reputation hit but not fatal, poll finds

- A Canadian Press-Harris Decima survey shows almost three in 10 Canadians would think twice about purchasing a Toyota following the world-wide recall over faulty gas pedals.
- At the same time, 56 per cent still retain a positive impression of the Japanese automaker's products.

leak and increase stopping distances for motorists.

The company will send notices to the owners of 3,582 owners of Prius and HS250h hybrids, and 393 drivers of the early-production, four-cylinder Camry models for the free repairs and inspections.

Although the latest recalls don't involve a high number of cars, they mark the third and fourth time that Toyota has sent notices for repairs in less than three months.

The latest notices involving the hybrids are part of a global recall of 437,000 vehicles Toyota acknowledged last week that some owners of the new Prius and Lexus HS 250h models reported that their brakes didn't react for a few seconds after they applied them particularly on rough or slippery roads.

The recalls now total 8.1 million vehicles internationally.

TORSTAR NEWS SERVICE

Business in brief

STOCK The Toronto stock market moved sharply higher yesterday as optimism increased that a fix is on the way for a potentially dangerous debt crisis facing some European countries. The S&P/TSX composite index surged 152.2 points to 11,267.5. The Canadian dollar was up 0.48 of a cent to 93.55 cents US.

TECH Google Inc. is shaving \$200 off the fee that it charges customers of its new Nexus One phone to break a service contract with T-Mobile, as federal regulators continue to probe such fees.

THE CANADIAN PRESS

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As Toyota wears an apologetic public face, its lawyers work the halls of U.S. Congress to salvage their reputation. Scan this code for the story.

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Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to calgaryletters@metronews.ca or on Twitter @metrocalgary

metro

According to the 20th annual RBC RRSP poll, half of Canadians (54 per cent) expect their pensions — whether a pension from an employer (29 per cent) or a government pension (25 per cent) — to be the single, largest source of income in retirement. **METRO NEWS SERVICES**

By the numbers

RRSP Guide



Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 19 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

What's your investing strategy?

Consider age, marital status when deciding on financial goals, experts suggest

RAFAEL BRUSILOV
for Metro Canada



Smart investing is crucial at any age and marital status, though your goals and strategies are going to be different along the way.

Tom Hamza, president of the Investor Education Fund, says for most people age is an important indicator of where their financial goals are aimed and you'll want to increase the num-

ber of income-generating investments you hold as you get older.

"There are life stages and your investment portfolio should always match the stage of life you're in. A great rule of thumb is that the fixed-income part of your portfolio should equal your age — that's something that should consistently change," he said.

Young investors should pay off their debts first in order to free up income for

investing, while older ones should focus on protecting their capital.

"For young people, if you have outstanding debts like student loans or credit card debt, tackle those first. Make sure your house is in order first, then focus on paying ahead. As you get older, you'll want to reduce risk and have more sources of reliable income," Hamza said.

Christine Van Cauwenbergh, director of tax and estate planning at Investors Group, says seniors and retirees need to take special care to navigate the tax system because maximizing the use of their saved money is paramount at that stage in their lives. Seniors should speak with an investment adviser to figure out how to arrange their financial situation to make sure they pay as little tax as possible while



Your portfolio should match the life stage you're in, experts say.

still drawing a comfortable income.

"For seniors, it's very important to minimize your net income. If you just rearrange a few things, you can often save a lot of money," Van Cauwenbergh said.

For couples, Van Cauwenbergh says marriage or a

common-law situation can offer a wealth of investment boosts, such as pension income splitting and spousal RRSPs, but it can also create new challenges so make sure you speak with an expert.

Hamza says for couples where one person earns significantly more than

the other, options exist to split income away from the higher earner to the lower one, lowering taxes in the process.

"You want to make sure the higher income earner pays fewer taxes," he said.

No matter what your age or marital status, however, don't treat your tax return as a spending bonus — if possible, reinvest it instead.

"For many people, it will make sense to take that tax return and apply it to other investments to get more bang for your buck — don't just use it as spending money," Hamza said.

Next week's lineup

SPOUSAL RRSPS For advice from the experts on how to make the most of your spousal RRSP, pick up Metro's next RRSP Guide on Feb. 17.

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JON TATTIE
for Metro Canada



With the pressure mounting to sock away money in an RRSP, people run the risk of making common errors in self-directed accounts, experts say.

Jason Schella, the Bank of Montreal's regional sales manager for Atlantic Canada, says the most common mistake is investing without an overall financial plan.

"How can I do the right investing if I don't

One common mistake is investing without an overall financial plan, experts say. It's difficult to grow your money if you don't have goals in mind.

know exactly where I have to get to?" he says when reached by cellphone en route from Fredericton to Halifax. Identify your financial destination before plotting the map, he urges.

A second error is buying high and selling low — the opposite of what

you'd want to do. When a stock is hot, people snatch it up. When it's falling, they drop it. A savvy investor will plug wax in his ears and ignore the siren song of hot or cold tips.

"Time in the market



Common errors avoidable, advisers say

"Time in the market is more important than timing the market." Jason Schella, BMO

is more important than timing the market," Schella advises.

In the land of Earl Jones Ponzi schemes, Schella says it's safest to stick with big-name financial institutions if you use a financial adviser.

"(The bank) is still going to be there, even if one of the individuals wants to go to the Caribbean," he jokes.

David Shymko, an investment counsellor at Vancouver's Macdonald, Shymko & Company, says a common mistake is investing for too long a term in government or corporate bonds.

"If there's an expectation for inflation, those bonds will go down in value," Shymko says. "There is capital risk associated with investing too long when the expectation of interest is rising."

If you're going to go with speculative stocks, hold them personally, not in your RRSP. They regularly fluctuate and

when you have a loss in an RRSP, it's forever, he says.

"There's no way you can get any tax savings for a capital loss in an RRSP."

Another problem he sees is people opening too many accounts as they chase the best deal each year.

"They get this whole mishmash of accounts and they're often paying an annual fee for each account," Shymko explains. Consolidate to one or two accounts.

Some people even wind up with too large an RRSP. Because the tax-shielded money has to come out eventually, investors may find themselves "stuck in the highest tax rate forever."

Keep an eye on your final financial destination to avoid that.

Finally, Shymko warns RRSPs aren't the best plan for everyone. Workers in a low tax bracket may do better with a tax-free savings account (TFSA).

By the numbers

According to the 20th annual RBC RRSP poll, 68 per cent of Canadians feel having enough money for a comfortable retirement is the most important consideration when retiring. **METRO NEWS SERVICES**

Borrowing to invest an option

ROBYN YOUNG
for Metro Canada



One way to maximize your RRSP contributions is to get an RRSP loan, but professionals in the industry warn this is not for everyone.

"It all depends on your tax rate, your expected rate of return and how fast you're going to pay off the loan," said Jamie Golombek, CIBC's managing director of tax and estate planning.

When you borrow to put money into an RRSP, the interest on the loan is not tax deductible, so it can become quite expensive, he said.

You may end up paying more interest to the loan than you'll make on the RRSP, especially if it's in a daily interest account or GIC.

"But if you have a higher rate of return (on the RRSP), then it may make some sense," he said.

Kevin Cork, certified financial planner based in Calgary, says if you're considering a loan to con-



One way to maximize your RRSP contributions is to get an RRSP loan — but this option may not be for everyone, experts warn.

tribute, think about your saving style.

"For some people, getting an RRSP loan isn't really the ideal system because there's always going to be debt to the loan," he said.

For others, who are bet-

ter at paying down debt than saving, it's a viable option.

It's all about carrots and sticks, he said.

"They need that stick of the fact that they owe this money," he said.

If you decide to get a loan to contribute, Susan Howe, regional financial planning consultant with RBC, says go for a line of credit or apply for an RRSP loan, which is specifically designed for contributing to your RRSP

and will likely have favourable interest rate terms.

Whichever way you decide to go, Howe said it's imperative to ensure you have the means to carry the loan debt.

"The key is that you have to have the available cash flow to support those payments."

Susan Howe, RBC

"The key is that you have to have the available cash flow to support those payments in view of whatever else might be going on in your financial picture," she said.

Alim Dhanji, certified financial planner with Assante Financial Management in Vancouver, recommends anyone considering borrowing to contribute to their RRSP proceed with caution.

"If you can pay the loan back right away, then I am OK with it," he said. "Otherwise, I generally don't like people getting behind and always borrowing to catch up."

Rather than paying off debt, Dhanji recommends setting up monthly contributions to an RRSP because it creates good habits.

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Carlos Tevez and Emmanuel Adebayor scored to give Manchester City a 2-0 win over Bolton last night that moved the team up to fifth place in the Premier League. **THE ASSOCIATED PRESS**

Sports



Peppers cools on long-term deal

Julius Peppers, left, no longer wants a long-term contract with Carolina, saying the Panthers have ignored him this off-season. In an interview aired yesterday morning on Charlotte radio station WFNZ-AM, the five-time Pro Bowl defensive end indicated he's irritated by the team's "silence" and has changed his stance on whether he wants to continue his career in Carolina. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Flames must buck the odds

Calgary faces challenging path to the playoffs this season

TheHockeyNews

Brian Costello

thehockeynews.com

If the Calgary Flames are to make the playoffs, they're going to have to buck the odds and get hot at the right time.

Buck the odds in a number of ways. Since the lock-out, the eighth seed in the Western Conference has qualified with 95, 96, 91 and 91 points each of the past four seasons.

The Flames were sitting eighth with a pro-rated 93 points going into last night's game in Ottawa and the schedule isn't easier after the Olympic break.

Calgary plays 11 of its fi-

nal 20 games on the road. That's not necessarily a bad thing because the Flames have a far superior record away from the Saddledome, 15-8-6 versus 14-13-3 at home.

The thing that makes it disconcerting for Flames fans is 11 of the 20 games are against teams above Calgary in the standings.

And four of the games against the "lower" teams are versus Detroit and Anaheim (two apiece), two teams also chasing that eighth seed and teams that traditionally surge down the stretch.

Also, three more games against "lower" teams involve Minnesota.

The Flames have lost their past three games against the Wild.

So the Flames could win 12 times in the final 20 and still miss the playoffs. A lot depends upon how

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the likes of Nashville, Detroit, Dallas, Anaheim and Minnesota play.

This group of six teams, including Calgary, will yield just a couple post-season games.

Calgary's precarious situation has a lot more to do with their dry spell in January.

I would have bet my entire 1970s hockey card collection at the start of the season if you wagered that all of Phoenix, Colorado and Los Angeles were going to make the playoffs.

Now it looks as though they all will, barring a

March meltdown.

Of course, there's the unmentionable wisdom that making the playoffs as the seventh or eighth seed is a moot point.

It would take an epic effort for any of these pretenders to knock off San Jose or Chicago in the opening round.

Calgary's ideal goal would be to finish sixth, fifth or fourth in the West and face a more reasonable first-round opponent such as Vancouver, Phoenix, Colorado or L.A. But for the Flames to do that they'd have to win 15 or 16 of their 20 post-Olympic games.

That would mean a whole lot of jelling during their two-week Olympic holiday.

The Hockey News
ethn.com



Calgary goaltender Miikka Kiprusoff looks on as Ottawa's Peter Regin and Flames' Ian White battle for the puck during last night's action in Ottawa.

Flames lose to Senators

NHL RESULTS

Calgary 2 Ottawa 3



NHL Jason Spezza had a goal and an assist last night as the Ottawa Senators defeated the Calgary Flames 3-2.

Spezza scored the winning goal late in the second period and Brian Elliott made 27 saves, including two huge stops as Calgary pressed for the tying goal in the dying seconds.

Alex Kovalev and Jarkko Ruutu also scored for the Senators (34-22-4), who got

back on the winning side of the ledger after having an 11-game winning streak snapped in Toronto Saturday night.

The Flames (29-22-9) got a goal and an assist each from Matt Stajan and Niklas Hagman, as well as two assists from captain Jarome Iginla. Miikka Kiprusoff made 28 saves in the Calgary goal.

"I'm not happy at all," Flames coach Brent Sutter said.

"That game was there for us tonight to get some points and we just didn't play a good enough game here after the first 28 minutes to expect to win. It wasn't good enough."

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3. Shawn Tschritter	AB, CA	838	345	497	842
4. Christian Gagnon	NB, CA	795	341	495	836
5. Stephanie Warren	NS, CA	818	349	480	829
6. Joanne Doiron	NB, CA	793	335	490	825
6. Kyle Turk	NS, CA	845	356	469	825
8. Bernie Horton	ON, CA	783	342	476	818
8. Grant Greenfield	AB, CA	807	367	451	818
10. Jean-Paul Osborne	QC, CA	833	333	483	816
10. Steve Ferguson	ON, CA	827	342	474	816
12. Jordan Camponi	AB, CA	796	326	489	815
13. Blaine Schlechter	AB, CA	806	332	479	811
14. Paula Almeida-Stille		829	341	469	810
14. Stephen Stille	ON, CA	829	341	469	810

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Court victory for Australian bobsledders

Australia's two-woman bobsled team may compete at the Vancouver Olympics after winning its appeal yesterday before the top sports court. The Court of Arbitration for Sport ruled the international bobsled federation did not apply its qualification rules properly. **THE ASSOCIATED PRESS**



Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Boot camp tested team

24 days spent in Dawson Creek

Carla MacLeod's eyes filled with tears at the thought of one more session in the weight room. Beckie Kellar had to overcome her fear of bears. Jayna Hefford thought "What am I doing here?"

Whatever the Olympic Games throw at the Canadian women's hockey team now that they've arrived in Vancouver, nothing will be harder than the month they spent together near Dawson Creek, B.C., last spring.

Boot camp, as it is not-so-fondly called, tested the women physically and mentally for 24 days in May and June. In the process, they pushed past their limits and helped their teammates get past theirs.

When the players reconvened in Calgary in August to begin full-time training, they already had a strong base of trust and fitness to build on.

"They learned how to work through a lot of different things and things we might still be working through right now had we not done that," head coach Melody Davidson says.

Days that started at 7 a.m. and ended at 9 p.m. laid the foundation for physical and mental toughness that the players must draw on now that their final and biggest test is upon them.

The Canadian women open the Olympic tournament

Saturday against Slovakia at Thunderbird Arena.

Running, rock climbing, kickboxing, yoga, weight sessions, triathlons, in addition to on-ice drills, kept the Canadian women on the go from morning until night. Towards the end of boot camp, they rode their bikes 35 kilometres into the mountains, hiked up one and back down before making the return trip on their bikes.

Exhaustion would eventually hit. The players had to find reserves they didn't think they had to continue. They also learned to recognize when teammates were struggling and what help they needed.

"We call it hitting the wall. You just bonked," MacLeod says. "In the 30 days, I probably hit a wall three different times, where I just wondered 'what is going on? This is crazy.'"

"I think that's why it is such great team bonding. All of that's important. It's testing your limits. It's neat as a person to see how far you can go and how do you react when you are in your low of lows. Do you yell? Or do you retreat?"

Boot camp has become standard for Canada's Olympic women's hockey teams since they held one in Valcartier, Que., prior to the 2002 Games.

THE CANADIAN PRESS

Carla MacLeod



Sponsor offers rich reward for luge gold

CASH After years of slumming it, Canada's Olympic luge team has a chance to move into sport's high-rent neighbourhood.

An Alberta sponsor has offered a \$1-million prize to any Canadian luger who wins a gold medal at the Winter Olympics.

"That's huge for us to be offered that sort of thing,"

Calgary's Alex Gough said yesterday, a few moments after learning about the golden carrot.

Sam Edney said the offer shows the potential of Canada's luge team.

"A year ago we had no title sponsor," said the Calgary resident, who is considered a threat in the men's event. "Now we've

got a group of people that believe in us so much they are willing to put that kind of money on the line."

The cash is being put up by Fast Track Group, a company which bills itself as a financial education specialist.

"I guess I'm blessed financially and I wanted to

share," company founder Darren Weeks said.

The million-dollar prize would be split between the athlete and the Canadian Luge Association. There is only the single million-dollar windfall, so if athletes win more than one gold, they'll have to divide the money among themselves.

THE CANADIAN PRESS

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British Columbia-based Northwest Community College's annual capital allowance will be reduced by 74 per cent, according to a community update from college president Stephanie Forsyth. As well, B.C.'s College of New Caledonia will see its annual capital allowance reduced next year, resulting in more than \$1 million in cuts. **METRO NEWS SERVICES**

B.C. reduces capital allowance for NWCC

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Ottawa ends FNUC support

Federal Indian Affairs and Northern Development Minister Chuck Strahl announced yesterday that after assessing the long-term sustainability of the First Nations University of Canada, his department will not renew its current funding to the institution, effective March 31. The decision follows the Saskatchewan government's move to end its funding to FNUC, which will take effect April 1. **METRO NEWS SERVICES**

The man behind Compliments food

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back every Wednesday for a new feature.

JON TATTRIE
for Metro Canada



John Hale has eaten his way to the top of the food chain, parlaying his sensitive palate into a job perfecting the Sobeys store-brand Compliments.

"I'm a sensitive guy," the stocky 40-something Yorkshire, England, man says to laughs from a colleague who describes him as "looking like a football hooligan."

Hale's tongue was poached from the U.K. supermarket chain Tesco in 2007 when he brought his 25 years of experience to Canada to take up a post as director of product ap-



Lining the halls of grocery stores across Canada is tasty work, says Sobeys' John Hale.

praisal and product development for Sobeys.

His job is to taste-train members of the public so that they can help Sobeys craft a range of delicious dishes. A team of 100 panelists are drawn from the general public and it's Hale's job to teach their tongues how to taste over

a six-week course.

"When you start off with a customer, they always say, 'It's nice, it's tasty, it's lovely.' That's not really what I'm after — I'm after what's in that product," he explains.

He's not a chef and has never worked as one — he studied chemistry, not

culinary — but his exceptional chops have made him a sought-after foodie.

He tends to arrive at work by 7 a.m. and works until 7 p.m., Monday to Friday. "A lot of that's my choice, because I'm dedicated to what I do," he says. "There's a lot of pride here — pride in getting re-

ally good products out on the shelves."

Most of his day is spent eating food. Teams of 12 panelists work on a product, with six products sampled in a three-hour session. "We made sure that our products were good enough for our customers and if they

weren't, we put them back in product development," he says. "To be honest with you, I don't think I've ever packed a lunch."

While most people think taste comes from the mouth, Hale says in fact the nose knows: 85 per cent of "taste" comes through smell.

Job hazards are hot and spicy foods, which can damage your taste buds, and the constant risk of overeating.

For Hale, his job is a dream come true. "I wouldn't swap working with food for anything," he says. And to unwind after work, he turns to his favourite pastime: Cooking.

France is the global hot spot for training people in his job, along with Leeds and Reading universities in the U.K. In Canada, he cites George Brown College in Ontario.

For more of the Working the Wok exclusive Series check Workology every Wednesday or stop by: metronews.ca/work



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Advice: It's always your decision

Dragons' Den

Dianne Buckner

metronews.ca/dragonsden



Have you ever asked for advice about your career? And did you take that advice?

I'm a big believer in consulting experienced, knowledgeable people before making any big moves in your workplace. It's good to get a variety of perspectives, and possibly more information, before taking a significant step.

Tonight on Dragons' Den, one of the Canadian entrepreneurs pitching for investment won't listen to Kevin's advice about how to proceed with his product.

"Why aren't you listening to me?" Kevin demands. "What's the matter with you?"

Whether or not this entrepreneur should listen to Kevin could be debated. Certainly all of the Dragons have been incredibly successful in business, so any bits of wisdom they share should be considered. But at the end of the day, everyone does have to make their own decision, since we're the ones who will bear the conse-

quences.

A good friend of mind once acted on some bad advice. He'd been having difficulty in his workplace — the boss was having an affair with a member of the team and that person seemed to be getting the best assignments. My friend consulted another colleague, who worked in a different department. "Go to your boss's supervisor," he was told. "This is a bad situation, and someone higher up has to intervene."

But what my friend didn't consider was that the person giving him advice was as new to the company as he was. Neither realized that the badly-behaved boss had worked for the company a long time, and was able to command a higher level of loyalty than he was as a junior employee. Shortly after making his report to the top executive, my friend was told his contract

would not be renewed.

Maybe his boss got a stern lecture about the affair; maybe not. The point is, my friend was ill-advised, and ended up being out of a job.

It's important that if you do want some guidance, you speak to people who you respect. And even then, you have to feel comfortable with the action they recommend. Again, it's YOU that will have to deal with the outcome, good or bad.

I think we should also be careful about giving advice. It's easy to shoot from the hip about what a person should do in any given situation, but if you're not truly confident about your recommendation, don't give it.

Watch tonight, and see if you think Kevin's advice was good or bad!

Dianne Buckner hosts Dragons' Den and is also a weekend anchor on the CBC News Network. Dragons' Den airs tonight at 8 p.m. on CBC.

Student builds 'smart camera' for automakers

A "smart camera" technology that can help increase a factory's efficiency has won its student designer the national AUTO21 TestDRIVE automotive research competition. Siddhant Ahuja, a PhD student at the University of Windsor in Ontario, received a \$10,000 scholarship for his work on indoor real-time location tracking systems. CANADIANDRIVER.COM

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Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONWS.CA

Closer to World Car title

The first round of finalists for the 2010 World Car of the Year have been named. The winner will be announced at the New York International Auto Show. The 10 cars for World Car of the Year are the Audi Q5, BMW X1, Chevrolet Cruze, Kia Soul, Mazda3, Mercedes-Benz E-Class, Opel/Vauxhall Insignia/Buick Regal, Porsche Panamera, Toyota Prius and Volkswagen Polo. METRO NEWS SERVICES

4Runner still got mojo

Toyota's SUV beauty also able to roll with the rough

NEIL MOORE
for Metro Canada

Today's sport utility vehicles are a far cry from the boxed pickup trucks of yesteryear. Now offering the style and amenities demanded by the business executives and soccer parents who buy them, SUVs now seem more about comfort and style than they do about either sport or utility.

Sure, they offer four-wheel-drive, many also with four-wheel-lock and other traction control systems, but how many can truly take the pounding of serious off-roading?

With that question in mind, I jumped at the opportunity to put the all-new 2010 Toyota 4Runner SUV through the paces in the backwoods of Muskoka cottage country, during a recent launch event.

From all appearances, the current generation 2009 4Runner has become every bit as urban and posh as others in the intermediate-size SUV segment. And despite its roots — and current status — as an able off-roader, it doesn't look the part.

The newest 4Runner is taller, wider and longer than the '09, with pronounced, squarish fender



The 2010 Toyota 4Runner has been given a more rugged appearance to match its off-road ability.

flares, wide shoulders, masculine grille and overall, a no-nonsense, truck-like exterior.

At the heart of this new model is a new six-cylinder powerplant that replaces the fourth-generation's standard 3.5 litre V6 and optional 4.7 litre V8 engines. This 4.0 litre DOHC 24-valve V6, rated at 270 hp and 278 lb/ft of torque, is up by 34 hp and 12 lb/ft over the previous V6 and up 10 hp over the optional V8, while matching its 5,000 lb. towing capacity.

This engine also sees a five per cent improvement in fuel economy over the prior V6 and 17 per cent better than the previous V8. It is rated at 12.6/9.2/11.1 litres/100 km city/highway/combined.

Along with more oomph, the 2010 4Runner features an even more impressive ability to handle tough terrain.

Not that I'd take my own leather-lined, climate controlled 4Runner (if I had one) over muddy, rock and log strewn trails and

through river beds. But it's nice to know I could.

I drove the Trail edition, one of five models that include the base SR5 at \$36,800 (same price as '09), the Upgrade Package, Limited Package and Limited with Navigation Package.

The SR5 model comes standard equipped with eight-way power driver's seat; four-way power passenger seat; XM satellite-capable, eight-speaker audio system with Party Mode; running boards; multi-information display and a bevy



Inside, there's no shortage of creature comforts, such as these well-bolstered, power-adjustable seats.

2010 Toyota 4Runner

Type: Intermediate SUV

Price: (base SR5 model) \$36,800

Engine: 4.0 litre DOHC 24-valve V6 (270 hp and 278 lb/ft of torque)

Highlights

- Impressive ability to handle rough terrain
- Plush interior

of safety features.

In the 2010 4Runner, Toyota started with a very capable truck and then added systems to enhance safety while extending driver capability.

Proof again that after 25 years, the 4Runner may have flirted with fashion, but has never lost its mojo.

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Entourage big for little

JUSTIN PRITCHARD
for Metro Canada



MODEL: 2007 to 2008
VEHICLE TYPE: Minivan
APPROXIMATE USED PRICE RANGE: \$14,000 to \$20,000

HISTORY/DESCRIPTION:

Hyundai's Entourage brought the brand's knack for value-based vehicles into the family hauler marketplace. It experienced a short life and limited sales, but not before earning a reputation for fantastic bang-for-the-buck in the minivan scene. It even claimed a surprise Best New Minivan award from the Automobile Journalists Association of Canada (AJAC) in 2008 — beating the then-new entries from Chrysler for the title.

Entourage's interior packed some 4,000 litres of maximum cargo space, five doors, seven seats and

plenty of at-hand storage and organization. Several trim levels with numerous options and hardware combinations were available. All the staple features were standard — including power accessories, air conditioning and cruise control.

Shoppers can look for rear-seat climate control, a power adjustable driver's seat, sunroof, heated leather, and even a DVD entertainment console. Are you parking challenged? There was even a factory-installed radar parking system for those after more confidence in close quarters.

As a guide, used Entourage shoppers should remember that more basic models were called the L or GL, while the higher-end GLS or Limited models



Second Gear

The 2007-08 Hyundai Entourage gives you minivan features for budget prices.

got all the toys.

WHAT OWNERS LIKE: Entourage owners who've taken to the web often say they first checked out the Entourage because of its price and crash-test scores. Further investigation followed thanks to the ride comfort, roominess, power and abundant handy storage. Ultimately, the generous warranty and overall value was one of the strongest drivers of the purchase decision. Most used Entourage shoppers will have no problem find-

ing a model with remaining factory warranty, too.

WHAT OWNERS HATE: Owner complaints included cheap interior trim quality, squeaks and rattles over time, and sometimes heavy fuel consumption.

COMMON ISSUES: Given the Entourages low sales volumes and short lifespan, reliability data is inconclusive at best. As such, a thorough test drive and comparison of several candidates is key to finding a worthy used model. Good

old fashioned shopper instinct is important, too.

When driving your potential used Entourage, ensure all interior accessories function properly — checking all windows, the climate control system, power sliding doors (if equipped) and keyless remote. Note the condition of upholstery and carpeting, inspecting for any excessive wear or rips. A vehicle that's been well maintained will tend to look that way inside.

A mechanical inspection is a good idea if you're not

shopping a certified used model. A mechanic can quickly scan for hidden problems like leaks or rust, as well as checking the condition of various suspension components, the tires and the brakes.

THE VERDICT: Entourage's lower-than-average resale value and generous warranty should draw budget-minded used minivan shoppers to the Hyundai brand. If the ownership experience goes well after that point, it may even keep them there.

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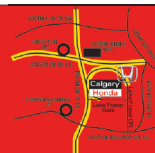
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Cheap flights coming to Alaska?

Travel industry officials say more airline flights to Alaska this summer may boost competition and result in lower fares to some Lower 48 cities. Daily nonstop service to Anchorage flights have increased by 50 per cent. **METRO NEWS SERVICES**

Travel



Aspen adopting tourists

Find this ritzy ski resort a little snobby? Aspenites are working on it. A city tourism initiative announced this week seeks to shake off Aspen's unfriendly reputation, according to the Aspen Daily News. The Adopt a Tourist promotion has city officials asking residents to volunteer to play host for visiting tourists.

METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Delivering Dominican Excellence

Forget the flowers, head south to this couples only resort for your Valentine's Day

JOHN AND SANDRA NOWLAN
For Metro Canada

Flowers and chocolates may be ideal gifts for Valentine's Day but many couples are opting for a more exotic treat in a tropical, luxury setting.

All-inclusive Caribbean resorts that cater only to adults are becoming more popular with Canadians. Few do it better than Excellence Punta Cana at the far eastern end of the Dominican Republic.

The 450 room Excellence Punta Cana is about an hours drive from the modern, efficient thatched-roof airport, positioned in a series of low rise buildings along a half kilometre stretch of soft, golden sand.

Our late evening arrival didn't prevent a warm Dominican welcome with chilled glasses of sparkling wine in the lobby, a seamless check-in and, in our large suite (four-poster, king-size beds and marble floors are standard), a bubble bath in our double Jacuzzi with rose petals, candles and incense — a great romantic start to a week's vacation.

In the morning we awoke gentle sea breezes blowing through scores of dancing palm trees and a perfect 25 degree temperature. The breakfast buffet convinced us that this resort was special. In addition to the usual goodies (including excellent waffles, fresh-baked bagels



Horseback rides come complimentary at Excellence.

and outstanding coffee) two types of caviar were offered as well as mimosa and Bloody Mary stations.

Fine cuisine is beginning to set the Dominican Republic apart from other all-inclusive resort areas of the Caribbean.

One of the reasons Excellence seems to excel (while attracting guests from honeymooners to seniors) is its policy of a la carte dining every evening in its eight theme restaurants. There's also an emphasis on fresh, local produce. Choices include Chez Isabelle (French), Agave (Mexican), Barcelona (Mediterranean, including excellent tapas), Toscana (Italian), Spice (Pan-Asian), Oregana (informal pizza and pasta), The



Part of the large botanical garden at Excellence Punta Cana.

Lobster House (sadly, only Caribbean lobster) and The Grill steakhouse (the favourite of the meat-loving Greens from Edmonton).



The Dominican coast line is some of the best in the world.

Deals and prices

- A week for two at this all-inclusive resort begins at \$2,500 for a garden suite.
- But if you book a room on short notice the prices drop dramatically for most suites — if you book a garden suite for next week the price is nearly halved.
- Additionally book a garden or mountain view suite now and travel from Feb. 2nd through Feb. 28th, 2010 and obtain 15 per cent discount.
- The hotel is only 35 miles from the Punta Cana airport and a shuttle service is provided.

Once a week there's also a Dominican night, usually on the beach, where chefs prepare local specialties in-

cluding roast suckling pig, fish in coconut sauce, stewed goat with rum and oregano, yucca with garlic and onions, plantain pie and Dominican sausage.

Any couple wanting a special, romantic dinner by the sea can choose (at extra cost) a private, candlelit meal directly on the beach with a special menu, unobtrusive service, fine wines and an unbeatable ambience.

Honeymooners (wedding packages are a specialty here) often choose this candlelight and moonlight option.

In the Caribbean, the sun is the same wherever you go.

The water is virtually the same. It's how you're treated that makes the difference.

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Masked merry-makers are cavorting in Venice to mark the start of Carnival. The canal-laced city's pre-Lenten festivities are Italy's most popular. Venetian souvenir shops are crammed year-round with colourful, delicate masks, but Carnevale is the time to put them on. **METRO NEWS SERVICES**

4 top choco-locations

Metro compiles a list of spots to take your sweet tooth

If you're dating a chocolate lover, you may want to consider travelling to one of Canada's choco-locations this Valentine's Day.

Metro has compiled the top four chocolate destinations for your eating pleasure.

4

Calgary, Alberta

The Rimmrock at The Fairmont Palliser in Calgary features special Monday nights which end in Death by Chocolate — the cake, that is.

3

St. Stephen, New Brunswick

The town registered itself as "Canada's chocolate town" in 2000, has a chocolate museum and has been the home of Ganong Chocolates since 1873.

2

Gatineau, Quebec

Miss Chocolat has been



The Sutton Place in Vancouver tops our list.

heart-shaped chocolate boxes. And you can learn how it's done with her interactive workshops for adults and kids ages five and up.

1

Vancouver, British Columbia

The Sutton Place Hotel boasts Vancouver's only all-you-can-eat chocolate buffet.

METRO NEWS SERVICES



Fans of Olympic bobsledding will want to try out this course in the Alps themselves.

Get yourself in the driver's seat

RICHARD MORIARTY
For Metro World

The advertisement persuading skiers enjoying the Alps to clamber into a bobsled and careen down a track at more than 120kph shows two smiling girls without a care in the world.

Like most marketing ploys it's not exactly a true reflection of how you feel as you hurtle into terrifying bends a couple of inches above the floor in something similar to a metal coffin. Smiling comes a poor second to hanging on for dear life.

But having taken on the 1.5km course in Paradiski in the French Alps in one minute 10 seconds, I can assure wannabe daredevils that it is great fun — but it's difficult to smile when G-forces are trying to force your face through the back of your helmet. Most people will see some bobsled events at this year's



The Mono Bob ride costs \$103.

Olympics but the only way to find out just how scary the sport is to do it yourself. That's how I found myself strapped in a Mono Bob (cost \$103) on an ice-covered track which was used in the 1992 Albertville Olympics during a

long weekend skiing. When I got to the bottom of the slopes and completed the most terrifying event in my life, I decided if given the chance again I'd take it. But next time I might opt to be taken down the hill with a professional driver.



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Getting there

- Les Chalets Edelweiss sits at the bottom of the slopes in La Plagne 1800 and an apartment for 4 people starts at \$1,076 per week.
- You'll need to take a train in. Return train fares from London, England to La Plagne start at \$226 per person in standard class.
- Thrill seekers can also strap on a chute and try speed flying which is a combination of off-piste skiing and paragliding, with beginners able to grab some air after just one day's teaching.

Sibide's mom singing in the subway

Although Gabourey Sidibe recently earned an Academy Award nomination for her performance in *Precious*, her mother — Alice Tan Ridley — is still singing in New York City subway stations to make money. "My name is not on Gabby's paycheck," Ridley told *The NY Post*. POPEATER.COM

23

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

TV Survivor

The host has spoken. Jeff Probst is staying on *Survivor* for its 21st and 22nd seasons.

PEOPLE.COM



Ashton Kutcher, from left, Jessica Alba, Topher Grace and Anne Hathaway star in the new movie *Valentine's Day*.



Warm your heart with these offbeat movies

ADAM NAYMAN
for Metro Canada

Garry Marshall's *Valentine's Day* is merely the latest — and most explicitly titled — Hollywood rom-com with designs on blitzing the mid-February box office.

Its starry ensemble cast, which includes a pair of Taylors (Lautner and Swift) and two Jessicas (Alba and Biel), will probably entice plenty of couples to the multiplex, but our advice to cinema-loving lovebirds is to stay in, turn the lights down, and sample one of the more offbeat titles on the following list.

ADVENTURELAND

Greg Mottola's follow-up to *Superbad* was advertised as another crude crowd-pleaser, but it's a more delicate piece of work. There's a plausible slow-burn to the relationship between amusement park wage-slaves Jesse Eisenberg and Kristen Stewart, and the scene where they joy-ride bumper cars with a Cure song in the background should hit a bittersweet nerve with '80s babies.

BEFORE SUNSET

Celine (Julie Delpy) and Jesse (Ethan Hawke) go boating — and walking, driving and maybe to bed in Richard Linklater's sublime two-hander, a meditation on time and memory that might be the best brief encounter since *Brief Encounter*. It's also probably the best sequel ever made, narrowly edging out *Star Trek II: The Wrath of Khan*.

FRIDAY NIGHT

Claire Denis is one of



Ethan Hawke and Julie Delpy star in sequel *Before Sunrise*.

the cinema's great sensualists, and her 2002 film about a young woman's last night of singlehood — and the handsome man she meets in the midst of a Parisian traffic jam — fairly tingles with visual pleasure: Under her gaze, even the late-night clean-up at an empty café feels like an enchanted moment.

IN THE MOOD FOR LOVE

A Hong Kong apartment complex is transformed into a hothouse of repressed desire in Wong Kar Wai's achingly beautiful period piece. As neighbours staving off mutual attraction for the sake of their respective marriages, Tony Leung and Maggie Cheung embody longing like they hold the patent.

TWO LOVERS

A troubled loner (Joaquin Phoenix) sets his sights on a blonde goddess (Gwyneth Paltrow) while dismissing the affections of a family friend (Vinessa Shaw). James Gray's tortured love triangle resonates with empathy for all its characters, and articulates the dark side of infatuation with real eloquence.

STEVE GOW
for Metro Canada

Whether you're lucky at love or anxiously looking, the upcoming romantic comedy *Valentine's Day* aims to analyze the swelling stress that squires a full day of devotion.

No matter on what side of the equation you sit, one such issue that the star-studded affair explores — which gender encounters the most pressure on Valentine's Day — found many of the film's actors definitely in agreement recently in L.A.:

SHE SAID

Jennifer Garner: "Men — unless you're in Japan. We've learned that in Japan, women choose a guy to give a chocolate to (on Valentine's Day) so the

"Generally, I think women get a little more excited about the idea of having a Valentine or a secret admirer or a boyfriend and guys — maybe not so much." Jessica Alba

guy's just waiting to get the chocolate ... but here it's definitely the men. The men have to make it happen."

Anne Hathaway: "I absolutely think it's women, of course! I have to side with my gender ... I just think it's so much pressure to find a red dress, to find a Valentine's Day-coloured dress. What if it's not in your color palate, what do you do?"

Jessica Alba: "It depends who you talk to. Generally, I think women get a little

more excited about the idea of having a Valentine or a secret admirer or a boyfriend and guys — maybe not so much. But I know some guys who are totally into it and they're sad if they don't have a date on Valentine's Day."

HE SAID

George Lopez: "There's more pressure on men. That gear is stripped — the gear that tells us that 'hey, Valentine's Day is coming; you ought to get some

cards a couple weeks in advance and properly sign them ... and not send a text."

Jamie Foxx: "Man, I just remember having those crushes (in school) and nothing like it going your way ... (one of my friends recently) bought (his Valentine) underwear. Not Victoria's Secret! Like drawers!"

Topher Grace: "I have been in the situation where you've been dating about two weeks; it hasn't even dawned on me that Valentine's Day is coming and this year I really should know but it kind of comes up on you and all of a sudden. It's this day about commitment and you have to make some kind of statement or non-statement — it's a lot of pressure for a guy."

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Jack Bauer may finally hit the big screen. Though Fox has yet to decide whether to pick up a ninth season of 24, an insider confirmed that the film side is in talks with Billy Ray (State of Play) to write a screenplay for the franchise. **EW.COM**

23:46 p.m., Jack makes a movie

This vampire is just looking for love

Ian Somerhalder would like to preface any conversation about the joy he finds in playing devious vampire Damon Salvatore with the following: "I am not a maniacal killer."

No, but the 31-year-old actor does have a few things in common with his bad-ass bloodsucker on *The Vampire Diaries*.

"Damon is a very lonely guy," Somerhalder empathizes. "We all know what it's like to feel lonely. And there are two relationships that he wants back — his brother and his girl."

"And I know what it's like to fight with my

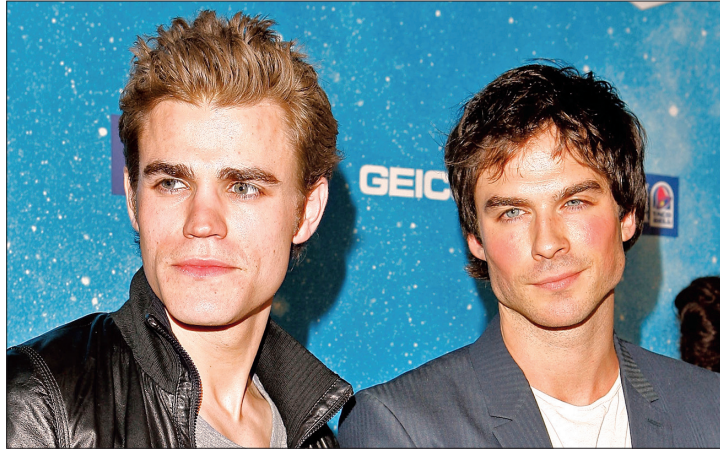
brother, and I know what it's like to not have my girl. He's doing all of this for love, strangely enough, and he's completely justified."

The girl Damon aims to regain is Katherine, the spoiled vampire who turned Damon into a blood-sucker in 1864.

She was captured soon after buy Damon's own father and locked away for eternity.

Damon's brother, Stefan, was also turned by and in love with Katherine, who happens to be the spitting image of Elena, Stefan's present-day, mortal love interest.

Somerhalder has found that messy love triangle is



Paul Wesley, left, and Ian Somerhalder play the vampire Salvatore brothers in *The Vampire Diaries*.

one of the main reasons fans are tuning in and making the show a hit —

as well as writing tons of fan mail to him.

"Some of (the letters) are

all questions: 'What's your favourite color?'" Somerhalder says.

"I find that I can't judge Damon, even though sometimes that's a bit difficult due to his actions."

Ian Somerhalder on playing the merciless vampire

"But some of them ... they are really insightful and really, really sort of heartfelt."

"I mean, these young teen girls are so into the love aspect. They have so many questions about love. They're not confused. They're just so inquisitive about it."

METRO WORLD NEWS

Lil Wayne's sentencing held up by his teeth

LEGAL Rap star Lil Wayne has gotten a temporary reprieve from jail — for dental surgery.

The Grammy Award-winning rapper's sentencing in a New York City gun case was postponed Tuesday, because he needs to finish a string of recent surgeries before he goes to jail.

Lil Wayne, one of music's hottest stars, is poised to spend as much as a year in jail under a plea deal, though good behaviour could shave that to as little as eight months.

Sentencing now is scheduled for March 2. Manhattan state Supreme Court Justice Charles Solomon said it wouldn't be put off any further.

The diminutive rapper, his hair in dreadlocks, said nothing at a brief court session Tuesday afternoon. He left in a black SUV, flanked by fellow rapper Birdman and others. Defence lawyer Stacey Richman said Lil Wayne was headed home to Miami for dental work Friday. She declined to specify his malady.

"It is a medical situation

that, like (it would for) any of us, has to be addressed," she said outside court.

She said the rapper had planned to take care of it before Tuesday, but his dentist had been out of the country doing charitable work.

Manhattan Assistant District Attorney Joan Illuzzi-Orbon didn't fight the rapper's request to push back his sentencing, saying she had spoken to the dentist.

Lil Wayne, 27, pleaded guilty in October to a charge of attempted criminal possession of a weapon, admitting he illegally had a loaded .40-calibre semiautomatic gun on his tour bus in July 2007. Police found the weapon when they stopped the bus after a Manhattan concert.

Last week, Lil Wayne reinforced his place in rap's pantheon with a commanding performance at the Grammy Awards ceremony. His latest album, *Rebirth*, was released Feb. 2.

Meanwhile, he is preparing himself for jail, his lawyer said. "He's a strong man," she said.

THE ASSOCIATED PRESS

Benicio del Toro bares his chops

HORROR MOVIE He is an Oscar-winning actor with his name on a string of hit movies but Benicio del Toro is going to the dogs — or, at least becoming a wolf — in his new film *The Wolfman*. Metro World News recently spoke to him in Moscow about the film and his career.

Q *Wolfman* is a remake of a classic horror movie. Why was it interesting for you?

A I have loved horror movies since I was a kid. I saw the *Wolfman* when I was five but it left a deep impression on me. I watched all the classics like *Frankenstein*, *Jack the Ripper*, *Wolfman* — I loved being scared. I was almost as scared the first time I saw myself in the wolf make-up. I looked like my dog.

Q Why did you decide to become an actor?

A Because of the girls. There are a lot of girls!

And also it's a chance to live a lot of different lives. And voyages. As an actor I can travel a lot. Yesterday, I was in America and now — Oops! — I'm in Moscow.

Q After playing *Che* are there any modern politicians you'd like to play?

A Obama. I like Obama, but everything depends on the script. If it's good then the role will be successful. Doing *Che* I was involved in the script writing and I really like that part of my job. I can add my view of the person I play.


Q Do you like watching your movies?

A No! I hate how I look on the screen but I love it when people like my films. I'm very critical of myself.

METRO WORLD NEWS



Benicio del Toro stars in *The Wolfman*




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THE CANADIAN PRESS

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Susan Boyle's cat Pebbles has moved out of their home. The much-loved pet is now living in London with a friend of the singer because Boyle isn't at her house in Scotland often enough to care for her properly. FEMALEFIRST.CO.UK

Celebrity Buzz



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American Football and foreign aid

THE LIFE OF A TYPICAL SUPER

STAR After her PDA-packed Super Bowl appearance with Brad Pitt, Angelina Jolie jetted off to the Dominican Republic Monday to visit hospitalized Haitian earthquake survivors and meet with Dominican President Leonel Fernandez, people.com reports.

Yesterday, the 34-year-old UN goodwill ambassador — who is suing a British

tabloid for claiming that she plans to split from Brad Pitt — was expected to travel to Haiti.

Last month, Jolie — who has visited many countries as an ambassador including Iraq and Pakistan — announced that she and beau Pitt, 46, are donating \$1 million US to the emergency medical operation in Haiti.

METRO NEWS SERVICES

Move over, Simon

MADGE'S MAN IS IN TOWN Madonna's manager is being lined up to replace Simon Cowell on the American Idol judging panel, femalefirst.co.uk reports.

Guy Oseary — who is also Chairman of the singer's label Maverick Records, which has also released LPs by The Prodigy, Alanis Morissette and Deftones — is said to be the favourite to succeed Cowell when he leaves the show after the current series.

Although Oseary is the frontrunner he still faces competition from singer-and-actor Jamie

Foxx and former Sony music boss Tommy Mottola — the ex-husband of Mariah Carey — for the judging job.

A source said: "Guy has been in the music business since Madonna discovered him when he was 17, and he has a lot of the same experience as Simon."

METRO NEWS SERVICES

Greetings from beyond the grave

WITH SPECIFIC PERSONAL MESSAGES NO ONE WOULD KNOW BUT HER, LIKE SHE MISSES HER DAUGHTER. DEEP.

A psychiatrist facing criminal charges in Anna Nicole Smith's death recently attended a séance for the model, who died three years ago Monday, people.com reports.

Psychic Shayne Goldfarb led the séance at Pol Atteu's Beverly Hills boutique, according to Atteu's

partner, Patrik Simpson, a close friend of Smith's.

Among those attending was Smith's neighbour and psychiatrist, Dr. Khristine Eroshevich, who travelled with Smith in her final months and who, along with two others, will soon stand trial on drug conspiracy charges.

Simpson, co-author of Anna Nicole Smith, Portrait of an Icon, Signature Edition, says he's con-

vinced they really did contact Smith during the séance and that the psychic told them Smith is "happy she's with (her late son) Daniel. She's sad she had to leave her daughter, but she really had to be with Daniel."

It was on Feb. 8, 2007, that Smith died at the Seminole Hard Rock Casino in Hollywood, Fla., at age 39, after her body was assaulted with pre-

scription medications that left her too

weak to move.

METRO NEWS SERVICES

If you treat your boss to a better cup of coffee are you still late?

Use the coupon above to find out.



A small intimate trip

WITH HALF OF HOLLYWOOD

More details are emerging about Jennifer Aniston's lavish 41st birthday party in Mexico.

"Jen invited 50 of her close friends to celebrate her birthday, and Gerard Butler was one of them," sources tell PageSix.

"She was staying at a villa that had a 12-

strong staff including a personal chef and two butlers, a private infinity pool, a spa with Jacuzzi, its own terrace with fire pits, an outdoor rain shower and day beds."

Among the lengthy list of guests was Sheryl Crowe, Courteney Cox and Jason Bateman, though all eyes were on Aniston and Butler.

"Gerard had his own one-bedroom villa with a private pool, but he joined Jen for all the celebrations, and they looked extremely friendly but not overly flirty in public."

METRO WORLD NEWS

'Part of a larger plan'

HERE COME THE CONSPIRACY THEORIES

Michael Jackson's family members are less than satisfied with the proposed fate of Conrad Murray, the doctor who was charged with involuntary manslaughter this week over the late singer's death.

"He's a monster," Katherine Jackson,

Michael's mother, said while leaving the L.A. courthouse, according to People magazine. Sister La-

Toya Jackson, meanwhile, is looking forward. "Michael was murdered and although he died at the hands of Dr. Conrad Murray, I believe Dr. Murray was a part of a much larger plan," she said.

METRO WORLD NEWS

The Rolling Clean and Sober

DOESN'T REALLY HAVE THE RING TO IT

Rolling Stones bandmates Ronnie Wood and Keith Richards are helping each other quit drinking. The two guitarists are reportedly giving each other moral support as they cope

with life without booze, femalefirst.co.uk reports.

Notorious hellraiser Keith, 66, reportedly stopped drinking after receiving advice from his doctor, while Ronnie is staying alcohol-free for moral support from new girlfriend Ana Araujo, 30.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

MATTHEW PERRY is reconsidering his identity, **PARIS HILTON** knows what she likes, **JONATHAN ROSS** is having pet issues, and **AMY WINEHOUSE** is looking for some verification.

@langfordperry Thinking pretty seriously about changing my name to klinty kluckson. More on this later...

@ParisHilton Just went to one of my favorite streets in Paris called Quai de La Mégisserie. They have 3 blocks full of just pet stores. So cute!

@wossy I must go and remove a dog from the bedroom. One of them is being naughty on the upstairs carpet. Bye.

@amyjademermaid is carole king alive?

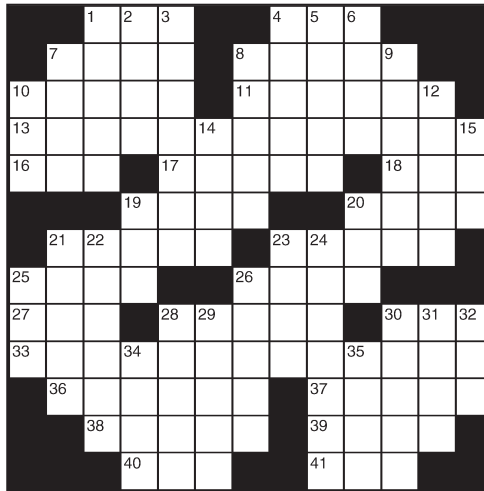
METRO WORLD NEWS



Andrew Schultz, Meteorologist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 Puncturing tool
- 4 Shriver of tennis
- 7 Dog bane
- 8 December holidays
- 10 Water nymph
- 11 Gets out of bed
- 13 Scattered here and there
- 16 X rating?
- 17 Eco-community
- 18 Hearty brew
- 19 Car
- 20 Census statistics
- 21 Pizzeria need
- 23 Infants
- 25 Boat's floor
- 26 Employer
- 27 Scot's denial
- 28 Boy Scouts' unit
- 30 Bikini half
- 33 Covering a wide range
- 36 Muss
- 37 Mistletoe
- 38 Tire pattern

- 39 Unrivaled
- 40 Hogs' home
- 41 Explosive letters

DOWN

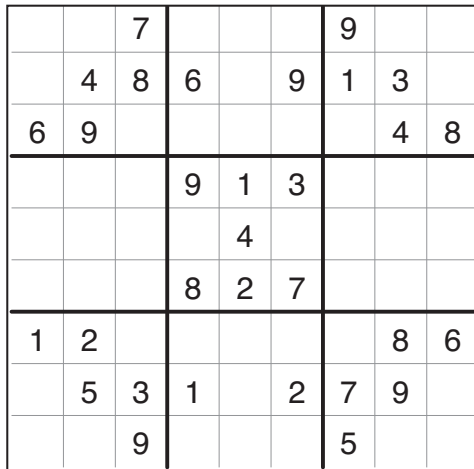
- 1 Extraterrestrial
- 2 Have on
- 3 Spotted beetle
- 4 Adar celebration
- 5 Wonderland visitor
- 6 Work well together
- 7 No. 1 pick, for short
- 8 Google competitor
- 9 Refuse matter
- 10 Trawler need
- 12 Corporate department
- 14 Accompanying
- 15 "Indeed"
- 19 Diving bird
- 20 Tummy muscles
- 21 Handed out hands
- 22 Endangered wildcat

- 23 Italy's shape
- 24 Paving material
- 25 "CSI" evidence
- 26 Filled with ennu
- 28 Family-room appliance
- 29 Pass along
- 30 Tactless
- 31 American Beauty, e.g.
- 32 Chowded down
- 34 What we share
- 35 Black, in verse

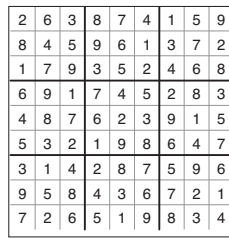
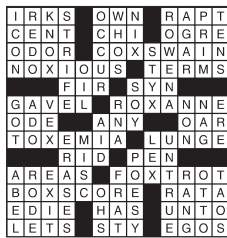
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Chili Penne with Butternut Squash

INGREDIENTS:

- 11 oz (350 g) penne
- 2 lb (1 kg) butternut squash, peeled and cut into 3/4-in. (2-cm) cubes
- 1 tbsp (15 mL) olive oil
- 1/4 tsp (1 mL) crushed chili flakes
- 1/4 tsp (1 mL) cumin seeds
- 5 oz (150 g) soft goat cheese, crumbled
- 1/2 cup (250 mL) grated Parmesan cheese

METHOD:

1. Cook penne and squash in large pot of salted boiling water 12 minutes or until squash is soft and pasta is al dente. Reserve 6 3/4 tbsp (100 mL) cooking water, then drain thoroughly.

2. Pour olive oil into warm pasta pot set over low heat, and stir in crushed chili flakes and cumin seeds. Cook 1 minute, then remove from heat. 3. Return pasta and squash to pot and add reserved cooking liquid. Combine gently. Add goat cheese, season to taste and toss. Turn into warm serving bowl and top with Parmesan cheese. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You've had all sorts of great ideas since the start of the year, but now some of those ideas may look a little impractical.



TAURUS
APRIL 21-MAY 21
You will certainly regret it if you pass up an opportunity to enhance your reputation today. Believe in yourself. Others do.



LIBRA
SEPT 23-OCT 23
If someone threatens to reveal what you don't want the world to know, call their bluff. Don't let blackmail work.



SCORPIO
OCT 24-NOV 22
You may be a headstrong individual but that can either work for you or against you, depending on how you choose to use it.



GEMINI
MAY 22-JUNE 21
You are not as confident as you look (you rarely are) and it's likely you are having serious doubts about something you recently signed up to.



CANCER
JUNE 22-JULY 22
Ignore the critics. You know you are on the right track and you know you are doing the right thing. So what else matters?



SAGITTARIUS
NOV 23-DEC 21
If you tell yourself that you are going to be bored and miserable today that is exactly how you will feel.



CAPRICORN
DEC 22-JAN 20
You are advised to listen to your head rather than your heart where matters of cash and what you own and earn are concerned.



LEO
JULY 23-AUG 23
Cosmic activity in your opposite sign means there is an important issue over which you have no control. Don't worry — it will work out fine.



AQUARIUS
JAN 21-FEB 18
As from today words will come more easily to you, which will have beneficial effects both in your working environment and in your personal life.



VIRGO
AUG 24-SEPT 22
The Sun in Aquarius at this time of year urges you to manage your time in a more economical way.



PISCES
FEB 19-MARCH 20
What you hear today may sound exciting but can you really trust what other people are saying? Show an interest but keep your options open.



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16 new ways to make life a little easier.

ESPN Score Center

Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

Twittelator Pro

\$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3

\$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada

\$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris

Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.

\$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts

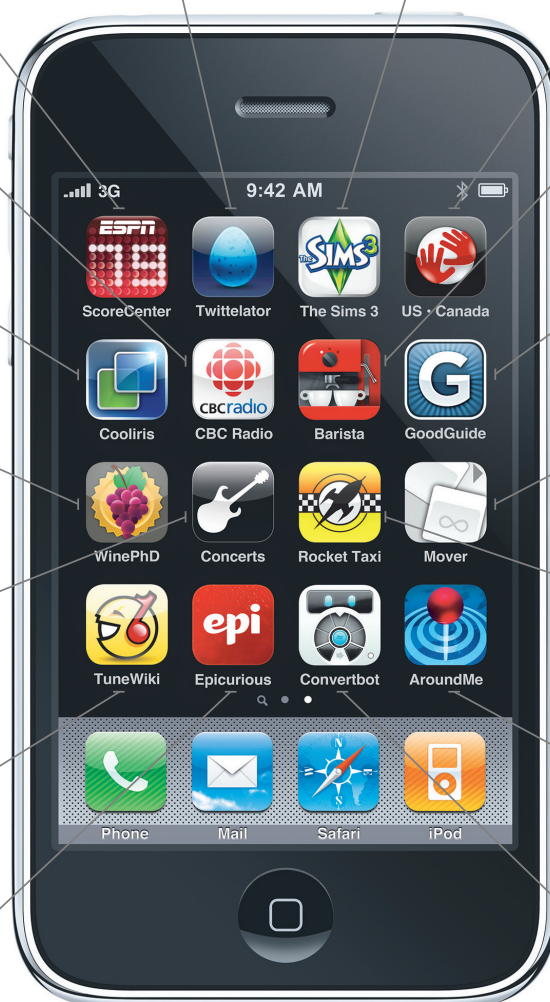
Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki

Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious

Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.



Barista

\$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide

Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover

Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi

\$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe

Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot

\$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

